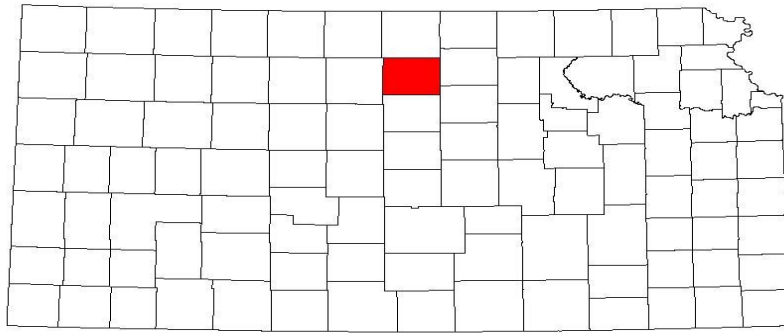


# MITCHELL



## Books:

No libraries in your county have Arthritis Foundation books. Please see surrounding counties.

## Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties.

## Programs:

### **Arthritis Foundation Aquatic Program**

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

**N. Central KS Area Voc. Tech College**  
Aquatic Center – Natatorium  
Hwy 24  
Beloit, KS 67420  
785-738-3553

### **Arthritis Foundation Exercise Program**

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no Arthritis Foundation Exercise Program classes offered in your county. Please see surrounding counties.

## Support Groups:

There are no support groups located in your county. Please see surrounding counties.